

# THE UPSIDE OF AGING

"April hath put a spirit of youth in everything."

- William Shakespeare



**1615 Park Drive, Traverse  
City, MI 49686**

◦ (231) 922-4688

◦ (877) 686-4688

◦ [gtcoa@gtcountymi.gov](mailto:gtcoa@gtcountymi.gov)

◦ [www.gtcoa.org](http://www.gtcoa.org)

**Open 8 AM - 5 PM**

**\*Closed from Noon  
- 1 PM\***

**[www.facebook.com/  
grandtraversecoa](https://www.facebook.com/grandtraversecoa)**

## CALENDAR REMINDERS:

**The COA will be closed  
on April 18<sup>th</sup> in  
observance of Good  
Friday.**

**We will also be closed  
on May 26<sup>th</sup> in  
observance of Memorial  
Day.**

## OPENINGS FOR HOME HEALTH CARE AND RESPITE SERVICES

The COA currently has no waiting list for home health care and respite services starting in May.

Home Health Care includes:

- Bathing assistance
- Skin and hair care
- Changing non-sterile dressings
- Monitoring vitals and blood sugar
- Other personal care activities

Respite Care provides caregiver relief and may include:

- All home health care services
- Meal preparation
- Social activities

Please note that while a small amount of housecleaning may be included if time allows, it is not a primary part of these services. If you're interested in home health care or respite services, please contact our office.

## A KNOCK AT YOUR DOOR

An important part of a COA Supervisor's role is conducting in-home visits. These visits allow us to check in, ensure you're satisfied with your current services, and explore other COA services that may benefit you. Supervisors also perform in-home evaluations to gather feedback about our staff and the quality of care provided.

So, don't be surprised if a COA supervisor knocks on your door in the future! 😊

Chandra Putman, RN

*Nursing Supervisor (Home Health Care, Respite, and Foot Care)*

Lisa Ferguson

*Program Supervisor (Homemaker Aide, Outdoor Services)*

## FREE FILM SCREENING: MATTER OF MIND: MY ALZHEIMER'S

Join Indie Lens Pop-Up at the Dennos Museum Center on April 30, 4-6 PM for a powerful look at how Alzheimer's transforms families. Stay after the film for a brief awareness program and Q&A with the Michigan chapter of the Alzheimer's Association. This film is free. Please register in advance at (231) 995-1055.

## STATE OF MICHIGAN FOOD ASSISTANCE PROGRAM – REDETERMINATIONS

Starting April 1, 2025, recipients of food assistance through MDHHS must complete a telephone interview to redetermine their benefits.

Important Details:

- You will receive a postcard from MDHHS with the date and a two-hour time frame for your interview.
- If you receive redetermination paperwork, it must be submitted before your scheduled interview.

For questions, please contact the Traverse City MDHHS office at 231-941-3900.

## CELEBRATING 50 YEARS OF SERVICE!

We are thrilled to announce that June 10, 2025, marks the 50th anniversary of the Grand Traverse County Commission on Aging! Our organization was established in response to the federal Older Americans Act of 1965, the first legislation aimed at providing comprehensive services for older adults. This was followed by the Older Michiganians Act of 1981, which further expanded support for Michigan's seniors.

Our journey began with outdoor services, and we've grown tremendously since then. As we celebrate this incredible milestone, we remain committed to serving Grand Traverse County seniors for the next 50 years and beyond!



## SENIOR CENTER SPOTLIGHT

- Ask the Lawyer – FREE, Wednesday, May 7, 12:30-2 PM
  - Occurs the first Wednesday of each month
  - Estate planning attorney Jim Dalrymple hosts 15-minute in-person sessions
  - By appointment only – call the Senior Center at 231-922-4911 to schedule

### New Classes:

- Fitness Over 50 – Starts March 18, Tuesdays & Thursdays at 2 PM, \$5
- Cardio Strength Circuit – Starts March 24, Mondays & Fridays at 9 AM, \$5
- Mobility Training – Starts March 24, Mondays & Fridays at 10 AM, \$5